**Introduction**

**Step 1**

**Unwrap gum and put in mouth. Chew about a minute for the gum to become soft and smooth. The flavor will begin to disappear**

**Step 2**

**Roll gum into a ball using your tongue, roof of mouth, and/or front teeth. Move the ball behind your front teeth. Use your tongue to flatten the ball into a small, flat circle.**

**Step 5**

**When your bubble is the desired size, close your lips together to seal the bubble.**

**POP!**

**Step 4**

**Slowly, pull your tongue out of the layer of gum. Hold the layer between your lips. Blow gently so you feel the air begin to fill the gum. Keep blowing!**

**Step 6**

**PRACTICE, PRACTICE, PRACTICE**

**Conclusion**

**Step 3**

**Position the flattened gum behind your front teeth. Push through this flattened piece of gum with your tongue. Keep pushing until your tongue is covered by a thin, stretched layer of bubble gum. Be gentle or your tongue may poke through. If this happens, begin again.**